



## Success Story: Tobacco and Blood Pressure Screening & Referral Project



What setting do middle aged and older adults routinely visit where a systems-level change to address tobacco and blood pressure screening and referral could be integrated and sustained over time? Nearly 70% of Iowa adults report routinely visiting the dentist. The **University of Iowa-College of Dentistry, IDPH Bureau of Oral & Health Delivery Systems, IDPH Division of Tobacco Use Prevention and Control, and the Iowa Primary Care Association** partnered to provide workshops to train local CTG public health and I-SMILE staff to enable them to train local dental practices on blood pressure and tobacco use screening and referral.

As a result, the Iowa Primary Care Association trained and provided technical assistance to three Community Health Center Dental Clinics to 1) make work flow changes to include documenting and referring dental patients that screen for high blood pressure and tobacco use, and 2) train the dental staff on documenting blood pressure, tobacco use and Quitline referrals in the electronic medical record. Of the 2535 comprehensive or periodic dental exams completed, 741 adults received blood pressure screening with 8% being referred for high blood pressure and 68% reportedly completing the referral. During a comprehensive dental exam, a patient's blood pressure reading was high and he reported being a smoker. He was unaware he had high blood pressure or that it could cause other health problems. Due to the high blood pressure reading, the patient was referred to the medical clinic for a medical consultation. The patient had also expressed a desire to quit smoking and was given Quitline information. The patient now reports that he is taking his blood pressure medicine and has quit smoking. The dentist reports this patient's oral health has also improved.



As part of the local CTG project, 18 dental practices in rural, southeast counties received training on the Tobacco and Blood Pressure Screening & Referral Project by the **local CTG public health department staff and I-SMILE Coordinators.** One gentleman was so thankful for being immediately referred to his medical provider for a very high blood pressure reading that he sent roses to the dental hygienist who made the referral.

## Success Story: Stanford Chronic Disease Self-Management Program

The **Polk County Health Department** had a successful Stanford Chronic Disease Self-Management Program (Better Choices Better Health Program) prior to receiving CTG funding. One of the directives to the local Iowa CTG projects is integrating initiatives, or components of their initiatives, into current systems for sustainability. As part of their CTG plan, the Polk County Health Department partnered with the **YMCA Healthy Living Center and Mercy Health System.** The three entities worked together to develop a system where the Mercy Health Coaches receive referrals from medical providers and refer patients to the Better Choices Better Health (BC, BH) classes at the YMCA Healthy Living Center and other community locations where trained BC,BH Peer Leaders lead the 6 week workshops. The classes and the referral system are now fully implemented. The Polk County Health Department remains a partner in an advisory capacity.

For more information on the Iowa CTG, visit <http://www.idph.state.ia.us/CTG/>. Additional success stories may be found at the success story link and in the Iowa CTG Newsletters.